

## All-American Celebration in the Heart of Bahrain

By MC2(SW/AW/IDW) Ashanté Hammons  
Staff Writer

**NAVAL SUPPORT ACTIVITY, Bahrain** — All over the United States, people come together to celebrate America with barbecues, games and picnics. Thousands of miles away from home, service members supporting warfighters in the U.S. 5th Fleet area of responsibility had the opportunity to do the same at the “4th of July Freedom Fest.”

Morale, Welfare, and Recreation (MWR) hosted the base-wide celebration.

“We are far away from our hometowns in the states. NSA Bahrain is our town, our community, our friends become our family members that help us celebrate this day full blast,” said Mario Farrulla, MWR manager.

Base recreational facilities hosted Independence Day competitions and events such as dodgeball, softball and bowling tournaments.

A NFL alumni tour of professional football players, Mike Karney of the St. Louis Rams, R.W. McQuarters of the New York Giants and Tony Parrish of the San Francisco 49ers also were on hand to meet members of the NSA community. They also held a football clinic for children that made for a unique July 4th event.

“It was awesome having the NFL players here. They were very friendly and enjoyed celebrating the 4th of July with all of us,” said Samantha Fleischli, who volunteered to hand out Girl Scout cookies.

The core activities of the Freedom Fest were activities in the Freedom Souq that catered to both service members  
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Photo by MC1 (SW/AW) David R. Krigbaum

**MWR held a watermelon eating contest as part of their 4th of July Freedom Fest. Members of the NSA Bahrain community took part in many base-wide activities and festivities.**

## 5th Fleet PC Force Grows to Eight Ships



Photo by MC1 Stephen Murphy

The coastal patrol ship USS Tempest (PC 2) transits from Khalifa Bin Salman Port to Mina Salman Pier. The arrival of Tempest, USS Thunderbolt (PC 12) and USS Squall (PC 7) brings the total number to eight coastal patrol ships to support maritime security operations and theater security cooperation efforts in the U.S. 5th Fleet area of responsibility.

U.S. Naval Forces Central Command Public Affairs

**NAVAL SUPPORT ACTIVITY, Bahrain** — Coastal Patrol (PC) ships USS Tempest (PC 2), USS Squall (PC 7) and USS Thunderbolt (PC 12) arrived pierside in Bahrain July 3, as part of a realignment that will see a total of eight PCs permanently stationed in the U.S. 5th Fleet area of responsibility (AOR).

USS Hurricane (PC 3) and USS Monsoon (PC 4) will complete the Navy’s plan to station 10 PCs in Bahrain by spring of 2014.

“Having additional PCs here in Bahrain will give us incredible flexibility in the 5th Fleet area of operations since they are uniquely capable of operating in this dynamic environment,” said Vice Adm. John W. Miller, commander, U.S. Naval Forces Central Command, U.S. 5th Fleet, Combined Maritime Forces. “They will allow for continued maritime security operations and theater security cooperation in the 5th Fleet.”

PCs provide the U.S. Navy with a fast, reliable platform that can respond to emergent requirements in a shallow water environment.

“These ships are ideal for working with partner navies in the Gulf,” said Capt. Joseph Naman, commander, Destroyer Squadron 50. “The navies and coast guard of our coalition partners operate similar craft, with similar systems and capability - that fosters better interoperability in the maritime domain.”

PCs in Bahrain will have permanent crews, allowing families to accompany their Sailors. The shift to permanent manning alleviates the significant strain the 6-month rotational crew model placed on the Sailors and their families.

“The shift to permanent PC crews alleviates the significant strain placed on the crews and their families while ensuring capacity and capability stays strong here in the AOR,” said Naman. “The well-being of our sailors and families is critical to the accomplishment

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THESE  
STORIES  
AND  
MORE...







## Chaplain's Corner

### Sometimes We Forget



By Chaplain Keener  
NSA Bahrain Command Chaplain

One of the amazing beauties about being overseas, whether on deployment or permanent duty station, is the awareness of what really matters in life. We get attached to many material possessions that we feel are important but at the end of the day we can do without. We often take things for granted, our homes, cars, bikes, campers, boats etc., but we learn to live with what we have and after awhile we realize that what we own does not necessarily define who we really are.

What does define us is what we do miss and how we at times do not truly understand what they mean to us, and that is our family, friends and love ones. When we are with the people that we care about we tend to forget how they impact our lives and how they make us a better person. Being overseas gives us the opportunity to reflect upon our lives and how we really do miss the people that we care about. We can buy things to fill the void of going without, but we cannot buy the physical presence of a loving touch. It is people that bring meaning in our life and it is people that we care about that

bring happiness. I would like to share this story about a Mother's Love. A little boy came up to his mother in the kitchen one evening while she was fixing supper, and handed her a piece of paper that he had been writing on. After his Mom dried her hands on an apron, she read it, and this is what it said: For cutting the grass: \$5.00. For cleaning up my room this week: \$1.00. For going to the store for you: \$.50. Baby-sitting my kid brother while you went shopping: \$.25. Taking out the garbage: \$1.00. For getting a good report card: \$5.00. For cleaning up and raking the yard: \$2.00. Total owed: \$14.75.

Well, his mother looked at him standing there, and the boy could see the memories slashing through her mind. She picked up the pen, turned over the paper he'd written on, and this is what she wrote: For the nine months I carried you while you were growing inside me: No Charge. For all the nights that I've sat up with you, doctored and prayed for you: No Charge. For all the trying times, and all the tears that you've caused through the years: No Charge. For all the nights that were filled with dread, and for the worries I knew were ahead: No Charge. For the toys, food, clothes, and even wiping your nose: No Charge. Son, when you add it up, the cost of my love is: No Charge. When the boy finished reading what his mother had written, there were big tears in his eyes, and he looked straight at his mother and said, "Mom, I sure do love you." And then he took the pen and in great big letters he wrote: "PAID IN FULL".

We hardly realize the value that the people we love are worth until they are no longer in our presence. There are plenty of ways to say "Thank You" for the ones that shape our lives and bring us happiness. Sometimes it takes being stationed out here on this beautiful island to appreciate what and who matters in our lives.

Summer is here and along with it, the heat. It's important to take the necessary precautions now to prevent heat stress during the hottest months on the island. The best defense is prevention. Develop habits now. Don't let the heat sneak up on you.

- **Drink plenty of water, hydrate.**
- **Avoid consumption of alcohol and beverages with caffeine before physical activity.**
- **Wear a hat, sunglasses and sunscreen to minimize the affect of the sun's rays on your body.**
- **Wear light weight clothing**

**Remember, a hydration a day keeps the silver bullet away!**

NSA Safety Office: 439-8226; 439-3527



For more information on visas and CPR cards  
contact Immigration at 1785-4258.



Lance Cpl. Kevin Heilman, an ammunition technician with Marine Aircraft Group 50, shoots the ball to a British goalie during a soccer game at Naval Support Activity Bahrain June 26, 2013. The game was part of the base's intramural soccer league, which includes teams from Great Britain and Bahrain. This game ended in a tie, and left the MARCENT (Fwd) with a 4-0-1 record.

## Bilateral Battle Ends in Tie

Story and photo by Sgt. Rachael Moore  
Marine Corps Forces Central Public Affairs

The Marine Corps Forces Central Command (Forward) soccer team battled a British team June 26 during an intramural league match.

This was the first time the two teams met on the soccer field this season at Naval Support Activity Bahrain.

"We've played good thus far in the season, but we knew they're a good team," said Staff Sgt. Hugo J. Vargas, the distribution management office chief with MARCENT (Fwd) and the coach of the team. "As we played the last few games, we made a few adjustments and modifications so we would be prepared."

Within the first 10 minutes, MARCENT (Fwd) scored, and shortly after, the British tied the game.

"When they scored, we knew we need-

ed to play tougher," said Vargas. "We couldn't make that mistake again."

The MARCENT (Fwd) team kept fighting until the whistle blew for halftime.

"We talked about making simple passes," said Vargas, regarding the conversations at halftime. "We were exhausted, but needed to stay focused. We had to go toe to toe with them."

The second half of the game was constant back-and-forth play, and then, the game ended with a 1-to-1 tie.

"In a way, we were disappointed," said Vargas. "We knew if we could have put a little more pressure on them, we could have won. We had control most of the game."

MARCENT (Fwd) stands at four wins and one tie.

"We're going to take those mistakes and learn from them," said Vargas. "In the next game, we know we need to make simple passes and smart decisions."

## From the Desk of the Command Master Chief

### Attention To Detail



By Command Master Chief Beverly Leedom  
NSA Bahrain Command Master Chief

Attention to detail has been instilled in all of us; it began at our entry level and has been reinforced throughout our training processes. Attention to the slightest of details could mean the difference between success and failure and in some instances the difference between life and death. As

members of the greatest military in the world we are responsible for millions of dollars of equipment and the lives of our compatriots. The work we perform is inherently dangerous and to conduct it in a safe manner we must maintain constant vigilance, and pay attention to detail, safety is everyone's responsibility.

As members of the military we should always be ready to step up and take on a leadership role. When tasked or when taking the appropriate level of initiative to accomplish a task, it must be completed efficiently and with a keen sense of attention to detail to ensure the task is accomplished correctly and in a timely manner.

As we accomplish our tasks in a timely and efficient manner we must also have an understanding that we are part of a team; a team that is greater than any of us as individuals. Dedication, communication and coordination are essential elements of teamwork. Through attention to detail and a commitment to teamwork we will make NSA Bahrain the benchmark by which all others are measured.



# CSADD Encourages Positive Choices



The Coalition of Service Members Against Destructive Decisions (CSADD) hosted an ice cream social, July 3.

Story and photo by MC2 (SW/AW/IDW) Ashanté Hammons  
Staff Writer

## NAVAL SUPPORT ACTIVITY, Bahrain

— Service members have a variety of choices they can make in life and not all of them are good, which is why the Coalition of Service Members Against Destructive Decisions (CSADD) at Naval Support Activity (NSA) Bahrain is here to offer positive alternatives.

The organization's stated mission is to provide military members with the best prevention and intervention tools possible to deal with issues such as drinking, reckless driving, and other destructive decision while maintaining good order and discipline. In order to achieve that goal, CSADD hosts positive events for service members.

"CSADD encourages positive behavior and by bringing service members together online social networking to foster peer interaction and in person networking," said CSADD president Hospital Corpsman 2nd

Class Chris Ferguson.

The most recent events have been CSADD's kickball tournament and ice cream social to celebrate July 4th. They've held other recreational activities such as water balloon smackdown. In the same vein, they also assist Morale, Welfare and Recreation in their events. CSADD also manages the Safe Ride, which helps Sailors get a ride home if they've had too much to drink.

In the past, they've held serious seminars and events like self-defense classes and motorcycle safety.

"It is important that we interact with our shipmates and tackle the issues that affect us and discuss them among each other," said Ferguson. "Our experiences let others know we are there for them. We must motivate our Sailors and build them up for success."

If you are looking to be involved in an organization that allows you to voice your opinion on topics that influence you daily, please contact HM2 Chris Ferguson at medical.

# NSA Bahrain's Got Talent!

## *And These Performers Prove It*

Story and photo by MC1 (SW/AW) David R. Krigbaum  
Staff Writer

## NAVAL SUPPORT ACTIVITY, Bahrain

— The Naval Support Activity (NSA) Bahrain Junior Enlisted Association held its first talent show, June 30 in the Multi-Purpose Room.

Eight performers took to the stage to entertained the audience by performing in a variety of musical styles. More than Top 40's and current hits also they performed classics, a self-written and performed country song, and music from the musical "Les Miserables."

Like its namesake show, NSA Bahrain's Got Talent judges colorfully critiqued the performances.

"I am always impressed by someone who can write their own music and then play it in front of a crowd," said show judge Master-at-Arms 1st Class Brian Martin,

assigned to NSF Bahrain, about one of his favorite performances of the evening, Aviation Structural Mechanic 2nd Class Austin King's performance of his self-written song, "Heart of Stone." Martin said he enjoyed the opportunity to provide constructive performance input and give the occasional goofy comment.

"All of them were good," said show judge Senior Chief Interior Communications Electrician Jeremy Gatewood, assigned to American Forces Network Bahrain, "but when we made the cut for the finals I knew it was going to be tough."

He said the best performance was the last one by sixteen-year old Deja Smith who, though the youngest contestant, held her own and won the contest.

Show winners, Smith, Yeoman 1st Class Melissa Lipscomb, assigned to U.S. Naval Forces Central Command, and King received applause as well as prizes



Master-at-Arms 3rd Class Harold Howard, assigned to Naval Security Forces Bahrain, announces the Bahrain's Got Talent finalists during the show.

of a \$300 NEX gift card and waterpark tickets for 1st place, a \$200 NEX gift card and 8 movie vouchers for 2nd and a \$100 NEX gift card and 4 movie vouchers for 3rd.

The JEA planned for the talent show to be a summer event, but JEA President

Master-at-Arms 3rd Class Harold Howard said they are now looking into doing more shows throughout the year.

"[It gives] our shipmates the chance to show off any talent they may possess besides what they were trained to do for the military," said Howard.

MWR NSA BAHRAIN BRINGS YOU

## HOT Chicken Wings & KARAOKE NIGHT

Every Monday

1700-1900 *at the Beach Club*

EAT, DRINK, SING & ENJOY A GREAT NIGHT OUT AT NSA BAHRAIN!



SING & WIN!

Winner receives  
20pcs. HOT CHICKEN WINGS  
with Ranch Dressing!

\$0.40

per ounce

## 5TH FLEET from Page 1

of our missions."

The small patrol coastal ships were transported via a heavy lift vessel, similar to mine countermeasure trans-oceanic transports in summer of 2012 and spring of 2013.

"We are committed to working with our seagoing partners in order to maintain capabilities and capacities needed to meet theater mission requirements efficiently," said Miller.

PCs have provided dedicated maritime security and force protection capability to U.S. 5th Fleet since 2003.

Commander, Patrol Coastal Squadron ONE (PCRON 1) and a maintenance and logistics support detachment will also permanently move from Virginia to Bahrain to provide direct support the PCs operating here.

U.S. 5th Fleet area of responsibility encompasses about 2.5 million square miles of water area and includes the Arabian Gulf, Gulf of Oman, Red Sea and parts of the Indian Ocean. The expanse comprises 20 countries and includes three critical choke points at the Strait of Hormuz, the Suez Canal and the Strait of Bab al Mandeb at the southern tip of Yemen.



# EXPERIENCE BAHRAIN



## Bab Al Bahrain and the Manama Souq

By MC1 (SW/AW) David R. Krigbaum  
Staff Writer

The Bab Al Bahrain (Gateway to Bahrain) is the literal gateway to the Manama Souq... and old fashioned shopping in the shadow of Bahrain's new modern skyscrapers.

The Bab al Bahrain itself is a former government building that used to be on the waterfront but not anymore. Not because they moved the building but because since Bab Al Bahrain was built in 1949 they've moved the waterfront. Surrounded by city on all sides it's hard to imagine Bab Al Bahrain pierside, the first place new visitors to Bahrain would see. The beautifully renovated and air conditioned building is now a part of the Manama Souq with shops within its walls. It's still a standout piece of Bahrain architecture with the central gateway running through it and a big fountain that makes for a nice photo opportunity.

The souq, or marketplace, is a warren of streets and alleys with wall-to-wall vendors of about any kind of goods you can want. Cultural souvenirs, ghutrahs (Arab head dress), dallah (coffee pot), perfumes and decorative pieces are all over, as are practical and low-cost daily use items like toiletries, towels and incense (My day-to-day may be slightly different than yours.). As this is an old souq and not one of the malls haggling over the price of your potential purchases is a given.

My favorite things to buy in the souq are tailor-made



clothes. Tailors can affordably make pretty much any article of clothes or suit in any style you desire. I've purchased a complete suit made to fit my body perfectly, including jacket, shirt, pants, tie and pocket square for \$140. Considering that the last time I bought a suit jacket alone in a store it cost \$100, I think it was a pretty good price and the souq-bought suits seem to be of good quality material. I've also had my tailor make some guayabera (Latin-style) shirts so while living in Bahrain having clothes made, unless you just have to have that designer name sewn onto your clothes, seems to be a better idea than store buying.



It's not all reasonably priced suits and trinkets though; there are also a number of places that specialize in high dinar items like rugs, pearls and gold. There is a gold souq within the souq that even though it's very mall like, and by that I mean indoors and air-conditioned, you can still haggle over the price of gold. Before attempting to do so I recommend taking Fleet and Family Support Center's gold buying class which can help you better understand how the gold market works and more importantly, how to haggle better. They also have rug and pearl buying classes.

Right up front there are eateries around the Bab Al Bahrain but if you want something more traditional there are a number of sweet shops and eateries located within and just outside of the souq. In particular I enjoyed sitting at an alleyway café just off the souq and snacking on flat bread and a plate of scrambled eggs mixed with tomatoes.

Put all that together into an enjoyable few hours of shopping and it was easy to see why this place is #3 on the Ministry of Culture's Top Ten "Must-Do's" in Bahrain.

If you want to visit the souq but don't want to deal with the hustle and bustle of the crowd, then I recommend visiting early in the morning. I once went on a Friday morning, and though not all the shops were open, there were still plenty of places to shop at without being lost in a crowd.

## IG HOTLINES

Report Fraud, Waste, Mismanagement, Military Whistleblower  
Complaints & Improper Mental Health Referrals to one of the following:

### CNREUAFSWA Inspector General (NSA Bahrain)

Telephone #: 973-1785-3138 DSN: 439-3138 E-mail: [ig hotline@eu.navy.mil](mailto:ig hotline@eu.navy.mil)

Website: <http://www.cnrc.navy.mil/Europe/About/RegionalDepartments/InspectorGeneral>

### NAVCENT Inspector General

Telephone #: 973-1785-9897 DSN: 439-9897 Fax: 439-9116 E-mail: [ig.hotline@me.navy.mil](mailto:ig.hotline@me.navy.mil)

### Naval Inspector General

Telephone #: 202-433-6743 DSN: 288-6743 Fax: 202-433-2613 E-mail: [NAVIGHotlines@navy.mil](mailto:NAVIGHotlines@navy.mil)  
Website: <http://www.ig.navy.mil>

### United States Army Inspector General

Telephone #: 703-695-1500 DSN: 312-225-1500

### United States Air Force Inspector General

Telephone #: 202-404-5354 DSN: 734-5354

### DoD Inspector General

Telephone #: 703-604-8799 DSN: 312-664-8799 Website: <http://www.dodig.mil/>

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and their families with competitions like hula hooping and "frozen socks." In the latter, children pulled apart a pair of frozen socks and put them on.

"I appreciate MWR and everyone that has helped with this event," said Information Systems Technician 2nd Class Leroy Manning, assigned to U.S Naval Forces Central Command. "MWR makes this tour [enjoyable] by taking our minds off everyday stresses and just being away from home. We are able to focus our attention on relaxing and having a good time."

Other competitions were less athletic and more gastronomic as challengers of all ages attempted to eat the most watermelon, hot dogs or jalapenos. For a taste of home, MWR also held an apple pie bake off and a chili cook off in which attendees were invited to decide for themselves which pie or chili was the best.

"My favorite part of this event is the families being together," said Quamie Hamer, winner of the watermelon eating contest. "It is a great time for families to come out and enjoy themselves."

The event concluded with back-to-back concerts from Eric Hutchinson and Natalie Stovall.



Photo by MC1 (SW/AW) David R. Krigbaum

MWR held a "frozen socks" competition as part of their 4th of July Freedom Fest. Members of the NSA Bahrain community took part in many base-wide activities and festivities.



MWR NAVY CYP MISSOULA CHILDREN'S THEATRE

NSA BAHRAIN MWR AND CYP PRESENT  
A MISSOULA CHILDREN'S THEATRE PRODUCTION OF

# THE TORTOISE VERSUS THE HARE

• THE GREATEST RACE •

Conceived and Written by Jim Caron Music by Greg Boris Lyrics by Jim Caron

**AUDITIONS:**  
**Sunday, July 14 • 0900-1100**  
Open to all youth entering grades 1-12.  
Children selected will then participate in rehearsals that will take place throughout the week.

**SHOW:**  
Public performance of the play  
"The Tortoise Versus the Hare"  
will take place at the P911 Multipurpose Room on  
**Thursday, July 18 @ 1730**

FOR MORE INFORMATION: Call or visit the Youth Center, 1785-4901 or 439-4901, Bldg. 267  
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**3D TICKETS:** ADULTS: \$5.00 CHILDREN (6-12): \$3.00

Children 5 and under: FREE Admission

MOVIE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

\*\*\*\*\* MOVIE HOTLINE: 439-6916 \*\*\*\*\*



### Pearl "Snorkel" Hunt

Saturday, July 20

- Time: 0630
- Min 8 people – Max 12 people;
- ITT Price: \$52.00

### Tree Of Life

Sunday, July 21

- Time: 1000 – 1300
- Min 5 people; Price: \$5.00

## ITT

### Horse Back Riding

Friday, July 12

- Time: 0800 – 1200
- Min 8 people; ITT Price: \$26.00

### Swim With The Dolphins

Friday, July 26

- Time: 1000 – 1300
- Min 8 people; ITT Price: \$49.00

### Swim With The Dolphins

Saturday, July 13

- Time: 1000 – 1300
- Min 8 people; ITT Price: \$49.00

### Horse Back Riding

Saturday, July 27

- Time: 0800 – 1200
- Min 8 people; ITT Price: \$26.00

For more information, call x-3531  
All dates and times are subject to change

## Comments & Suggestions

All are welcome to send comments or suggestions to MWR Bahrain. Please e-mail them to: [MWRsuggestionBox@me.navy.mil](mailto:MWRsuggestionBox@me.navy.mil)  
If you would like to receive MWR Bahrain's e-mail announcements, just send your official e-mail to the above address.



**Friday, July 12**  
**4 Man Sand Volleyball Tournament**  
• Time: 1800

**Wednesday, July 17**  
**Dart Tournament**  
• Time: 1130

**Saturday, July 13**  
**Glow In The Dark Ring Toss**  
• Time: 1800

**Thursday, July 18**  
**Happy Birthday July Babies!**  
• Free cake while supplies last.

**Sunday, July 14**  
**Sunday Sundaes**  
• Free Ice Cream Sundae (while supplies last)

**Friday, July 19**  
**Words With Friends**  
• Time: 1130

**Monday, July 15**  
**Speed Pool**  
• Time: 1130; Free Pizza for players

**Saturday, July 20**  
**Video Game Tourney 2K13**  
• Time: 1300

**Tuesday, July 16**  
**Watermelon Eating Competition**  
• Time: 1700

**Sunday, July 21**  
**Sunday Sundaes**  
• Free Ice Cream Sundae (while supplies last)

For more information, call the Liberty Center at 439-3192



@NSA Bahrain